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ABSTRACT

This book describes the "Wellness Institute," a program developed at the University of Central Florida. Materials from the program may enable instructors to utilize successful formats for testing, programming, management, promotion, and evaluation. The book addresses the dimensions of wellness: physical, mental, and spiritual. Some specific topics covered are: fitness, nutrition, stress management, time management, play, good humor, and personal life satisfaction. Learning objectives and discussion questions are presetnted at the beginning of each chapter. (JD)

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